



**CITY OF ROCKVILLE  
DEPARTMENT OF RECREATION AND PARKS**

**7 V 7  
ADULT CO-REC SOCCER  
LEAGUE RULES**

**I. ROSTERS**

1. It is the Manager's/Coach's responsibility to make sure that the PRELIMINARY roster has been received in the Sports Office prior to the first league game.
2. Rosters are to be submitted on the official roster form. Each player's name, home and work address, email address, work and home numbers should appear on the form.
3. Each team shall roster a minimum of 12 players, maximum of 22.
4. The team manager shall submit to the department before a designated date as determined by the Sports Office, a FINAL roster of all the players on his/her team. No players may be added after this date for league play.
5. A player must be officially released in writing before he/she may play with another team. No transfers after final roster.

**II. PLAYING RULES**

1. Unless modified by this set of rules, all games of the league shall be played in accordance with modified FIFA rules.
2. The dimensions of the field will approximate 150' W and 200' L. Dimensions of the goals for this modified soccer league will be 12' W x 6' H
3. **7 vs. 7 contest** One goal keeper, six field players. Of the six field players, three MUST be female. There is no maximum number of females allowed on the field during a game. But the maximum of male field players is three. If you have a female goalie, you must still have three female field players.

4. **No Slide Tackling!** A slide tackle will be an automatic booking and an indirect kick for the opposing team. Goal keepers are allowed to slide in order to stop an attack, but must do so with cleats down.
5. **No offside.** Cherry-pick all you want.
6. **No cursing!** Cursing may result in a booking.
7. **Goal keepers CAN NOT punt or drop-kick the ball.** Doing so will result in an indirect kick for the opposing team. The ball must be thrown or placed on the ground to kick.
8. **All games will consist of two 25-minute halves.** Water breaks during each half are allowed and recommended. Halves may be shortened at the agreement of both captains.
9. **Minimum players to start a match is five.** One goal keeper, four field players (one of which must be a female.)
10. **All players are limited to three goals per contest.** If you get the hat-trick, play defense, sit out, or start making assists.
11. **Substitutions are "on the fly".** Make them as often as you need, but do so at the sideline near midfield, NOT on the endline or near the corners.
12. **Free kicks** must be given a distance of at least five yards.

### III. GUIDELINES AND POLICIES

1. **GAME BALLS:** Each team must provide a game ball, or use Department supplied balls; all other game/field equipment will be provided
2. **EQUIPMENT:** Flat soled soccer shoes or molded cleats are required. Teams **MUST** be dressed in matching colored jerseys (shirts).
3. **REFEREE STAFF:** Referees appointed to officiate each game have complete authority, and his/her decisions connected with the game are final. Constructive comments regarding officiating are welcomed and encouraged. Please submit any such comments in writing. Complaints regarding officials should be submitted in writing and contain points of fact. Do not discuss officiating or the officials with the facility staff during or immediately after your game.

## LEAGUE AND PLAYER INFORMATION

League standings point system: win = 3 points, tie = 1 point, loss = 0 points

League games that end in a tie score after regulation play shall remain a tie game.

**League Division Ties:** Any league divisions ending in a tie at the end of the league season shall be governed by the following tie breaking system order.

- (1<sup>st</sup>) Comparison of league record against each other.
- (2<sup>nd</sup>) Comparison of goal differential against each other.
- (3<sup>rd</sup>) Comparison of most "goals for" during the season.
- (4<sup>th</sup>) Comparison of least "goals against" during the season.

## DISCIPLINARY ACTION/CONDUCT

- A.** The team manager/coach is responsible for the conduct of his/her team and team followers.

The City of Rockville Adult Co-Rec Soccer league is intended as a recreational activity. It is expected that all participants conduct themselves in keeping with the highest standards of sportsmanship. Unsportsmanship conduct will not be tolerated.

Unsportsmanlike conduct, includes, but is not limited to such things as assault, verbal abuse, threats, or physical violence against other participants, officials, managers, staff, etc.. Inappropriate language for a recreational environment, excessive arguing with the official.

- B.** A player, manager, or coach who is ejected before, during, or after a scheduled contest shall be suspended from league play for at least one game (the second game of a Doubleheader is defined as one game), and depending on the severity of the incident, may be suspended an additional game(s) by the Sport Programs Supervisor. If incidents are determined severe the offender(s) will be required to attend a hearing to determine appropriate disciplinary action. In these circumstances, a Board of Conduct Review will be appointed for purposes of conducting the hearing and determining appropriate disciplinary action. **An ejected player has three minutes to leave the park premises. If the player fails to do so, the offending team will forfeit the game. While a manager, coach or player is serving out their game(s) suspension, he/she may not attend future**

**game(s) until such time the suspension is fulfilled; under penalty of forfeiture, and further punitive action to participant and team. Likewise, further ejections by the same player during the current season shall be dealt with more severely, including but not limited to, suspension from the program for the remainder of the season.**

- C. All program participants agree not to post, email, or otherwise send any of the following items against the League, the Sports Officials or the coaches in the League.
- a) anything that is unlawful, harmful, threatening, abusive, harassing, defamatory, libelous, or invasive of another's privacy:
  - b) anything that harasses, degrades, intimidates or is hateful toward and individual or team on the basis of religion, gender, sexual orientation, race, ethnicity, age, or disability:
- Violations of this rule will make you subject to suspension from the league.
- D. Before, during, and after the game, anyone who strikes, shoves, pushes, bumps, or otherwise physically threatens a official or Recreation & Parks staff shall be suspended from all department-sponsored activities for at least one year from the date of the incident
- E. Any player, manager, or coach who approaches an official in a negative manner after the conclusion of a league game, including parking lot, will be suspended for at least one (1) game.
- F. Any team or player(s) who violate any of the City of Rockville regulations, especially the possession or consumption of alcoholic beverages on park property, shall be subject to disciplinary action to be taken by the Sports Programs Supervisor.

### **INELIGIBLE PLAYERS**

Any team using an ineligible player shall automatically forfeit each game in which the player participated. If a team knowingly uses a player under an assumed name, that team shall automatically be dropped from the league or tournament. Each game played with that player and all scheduled games not played shall be forfeited to the opponents.

**Player Photo Identification** – At all times, players must be prepared to show positive proof of identification (Drivers License) upon request/challenge. **All protests on player ineligibility must be addressed at the exchange of the line up or when the player is first introduced into the game.** Protests as to the use of an ineligible player must be registered with the Sports Programs Supervisor by the close of the next business day; no protest fee

is required and the protest must be submitted in writing. Name(s) and other personal data of the alleged offenders must be included in the written protest that is filed.

**Note: Upon request, the manager/coach is responsible for furnishing the name(s) of disqualified player(s) to the official & field supervisor. Failure to cooperate will result in automatic team forfeiture, and suspension of the team manager.**

#### IV GENERAL and LEAGUE RULES

1. No metal cleats, food, drinks, chewing tobacco or chewing gum permitted on
2. No glass containers on the field.
3. Players are not permitted to wear chains, bracelets or earrings. Rings must Be taped or removed.
4. We reserve the right to refuse play and or service to anyone

#### V WAIVER OF LIABILITY

The City of Rockville assumes no liability for injury or damage arising from participation in the adult Co-Rec Soccer program. **We strongly urge** that each team in the league have insurance to cover each player appearing on the roster for every game, practice game, and travel to and from each league game and practice game, or each player be covered by personal health insurance. The team roster includes an "Agreement to Participate" and a "Release" on the back of the roster. A player's signature on the roster indicates that the player has read and understands the terms of the "Agreement" and "Release."